

Crew Off Duty

GMT	CREW	ACTIVITY
09:00–09:10		Morning inspection
09:10–09:40		Post-sleep
09:40–10:30		BREAKFAST
10:30–11:30		Post-11A stowage ops
11:30–11:50	CDR	RENAL STONE: urine collection
13:00–13:40	FE-2	Maintenance of COX
13:00–13:20	FE-1	RENAL STONE: end of urine collection
13:20–13:40	CDR	RENAL STONE: urine collection
13:30–13:45	FE-1	Private psychological conference (<i>VHF</i>)
13:40–13:55	CDR	RENAL STONE: metabolic log
13:55–14:25		Weekly planning conference (<i>S-band</i>)
14:25–15:05	FE-1	IMC file prep
14:25–15:55	CDR	Physical exercise (RED)
15:05–16:05	FE-1	Physical exercise (VELO + Load Trainer / day 3)
	FE-2	Physical exercise (CEVIS)
16:05–17:05		LUNCH
17:05–17:25	CDR	RENAL STONE: urine collection
17:05–18:35	FE-1, FE-2	Weekly housecleaning
17:25–18:25	CDR	
18:35–20:05	FE-2	Physical exercise (RED)
19:00–20:30	FE-1	Physical exercise (TVIS-3)
19:55–20:15	CDR	RENAL STONE: urine collection
20:15–21:15		Physical exercise (CEVIS)
20:45–21:00	FE-2	Private family conference (<i>S-band</i>)
21:30–22:00		DINNER
22:00–22:30		Daily food prep
22:30–23:30		Pre-sleep
23:30–08:00		SLEEP

Note: 1. See OSTP for references to US procedures
2. Task List: KROMKA / DIATOMEA

End of radiogram